

MMM Report

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MICHIGAN MEDICAL MARIJUANA NEWS & INFO

AUGUST 2014 | VOL. 4 | ISSUE 6

FREE



PTSD in Michigan

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VGIP 32

**THE 8th
MICHIGAN MEDICAL
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Director of Operations:

Ben Horner
 ChefBMoney@gmail.com

Editor:

Chelsea Shaker
 chelsea.shaker@yahoo.com

Sales:

Michigan (810) 820-8953
 Fax (810) 422-5677

Jerry Haynz
 haynzjer420@gmail.com

Joe Bates
 josephbates340@yahoo.com

Staff Writers:

John Sinclair
 3549 S. Dort Hwy., Suite. 117
 Flint, MI 48507

Chuck Ream
 moksha@umich.edu

Olivia Armendariz
 oliviaarmendariz.migrow@gmail.com

Adam Brook
 adamlbrook@hotmail.com

Art & Graphics:

Joe Dauphinais
 mmmreport@gmail.com

Guest Writers:

Dr. Beth Fisher

James E. Kostrava

Justin Zachary

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Notes from The Editor

Chelsea Shaker

August 2014

What is cannabis reform to you?

It is different for everyone it seems like. Either way, people are joining in the ranks of freedom troopers across Michigan, dedicated to free the weed in one form or another. To me, it's the whole culmination of the plant. I want the whole plant for whatever form I so choose to use it in. I want the CBD for my ever-present medical issues. I want the herb to relax me after a hard, long day. I want the tincture and edibles and dabs, oh my! I want to build my house of Hempcrete and everything else hemp materials, all grown right here at home. I want to see fields of green hemp crops across the country, right alongside the fields of wind turbines and solar panels supporting the energy supply. Who is our government to say I'm breaking the law for my choice of a plant?

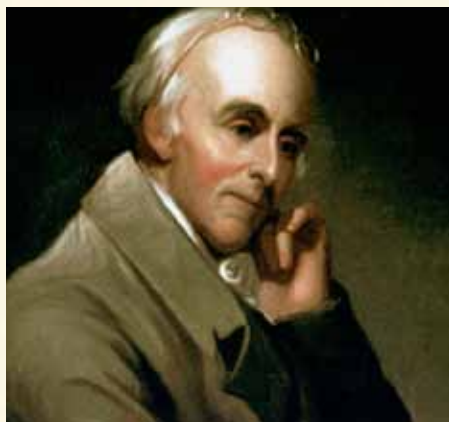
Let's celebrate the successes we have accomplished in Michigan and the U.S. Let's rally behind each other and agree to disagree sometimes, but make a statement to the community on your opinions... that we are here for good cause and we'll educate the SHIT out of the movement till you know it like your alphabet. Rightfully so.

Kind of like the Geico commercial... when they say "Everybody knows that"... I want a world where every man, woman, and child knows that Cannabis Saves Lives and Hemp builds Hope.

Hope for a fruitful future for our country. It provides more benefits than we know what to do with, if we get off our asses and get the word out. Make a difference and promote hemp, right alongside recreational and medical cannabis. It will bring a whole world of good. Come on, this is "old news" to us... But what are you doing about it? Like I said, what is cannabis reform to you?

Think about it. Dig in deeper. Find out what you can do, because you can ALWAYS do something to improve our efforts, state-wide and nationally. It takes more than word of mouth, though. It's all in HOW YOU VOTE. These lawmakers work for US. Never, ever, ever forget that. The will of the people is the whole point of elected officials- so they can set right what we want done. A new wave of positive, knowledgeable legislators is in motion and very feasible. IF YOU VOTE THEM IN! Vote smart. Vote for our future. Maybe we need to remind them it's not about Democrat or Republican, it's about What the People Want.

The Michigan Medical Marijuana Conference is JUST THE EVENT to come together for!! August 29, 30, 31st in Traverse City, MI will be a fantastic time to promote all things cannabis. Stay informed on current legislation, court cases, and political action group information. Take a class to grow or bake. Doctors are on site taking new PTSD patients! I hope you make it out. Just getting your "card" simply isn't enough anymore, Michigan. Making sure your card means something and maintains its' precious approval in this state is important!



"Unless we put medical freedom into the Constitution, the time will come when medicine will organize an undercover dictatorship. To restrict the art of healing to one class of men, and deny equal privilege to others, will be to constitute the Bastille of medical science. All such laws are un-American and despotic, and have no place in a Republic. The Constitution of this Republic should make special privilege for medical freedom...."

**-Benjamin Rush, MD
Signer of the Declaration of Independence**

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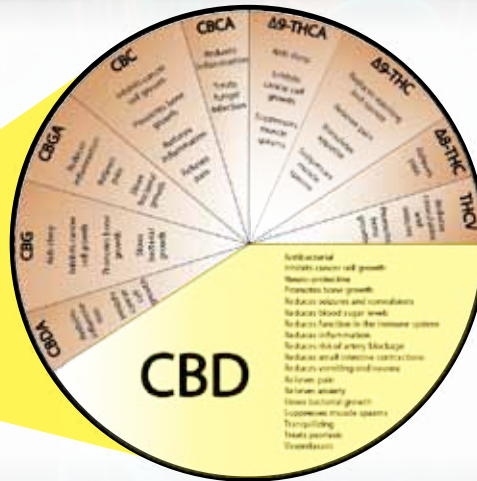
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THE BUD REPORT



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CBG 1.42% CBN 0.18%
TOTAL 19.26%



AK-47

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CBG 0.55% CBN 0.13%
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PTSD and the MMMP

by Chelsea M. Shaker

By now, most people are well aware of Post-Traumatic Stress Disorder (PTSD) and acknowledge it as one of the most debilitating conditions someone can have. Whether the PTSD comes from warfare, domestic violence, a freak accident, or traumatic incident, it is all relative to a condition that over 5.2 million adults suffer with at any given time. Many personal situations can result in PTSD, from gun and sexual violence, a sudden and unexpected death, a traumatic accident, but most recently our society has noticed a massive increase in patients with PTSD from not only our own members of the community, but especially our wounded warriors, whose scars are not visible.

Although most know the basics of PTSD, they are unaware of what PTSD can do to a person physically. A major setback for most patients suffering is the lack of memory extinction: they can't suppress their past traumatic memories and they are easily triggered. Simple, everyday activities can stimulate repressed memories: loud noises, large crowds, simply driving in the car, or even being under stress and lack of sleep. There is a phenomenon called memory extinction, which is where memories fade away as the older, traumatic memories get replaced with new experiences. PTSD sufferers have found that using cannabinoids can help assist with memory extinction, increase their appetites which many lose due to their overstimulation and stress, as well as reduce their anxiety and relieve nightmares.

A new study published in April 2014 in the Journal of Psychoactive Drugs found that cannabis use can greatly decrease the negative side effects of PTSD. Researchers used a Clinician Administered Posttraumatic Scale to rate symptom scores of 80 patients with PTSD before and after they began cannabis therapy. From the study, cannabis was found to reduce a person's symptoms by an average of 75%. New Mexico was the first state to include PTSD as an acceptable condition for medical marijuana. At the time, there were no published research reports on cannabis and PTSD, only case reports. Eventually, the research study was put together and was completed over a 2-year period, examining 80 psychiatric evaluations of patients applying for the NM Medical Cannabis Program.

Similar studies are currently underway by Israeli physician Dr. Mechoulam, Ph.D., the same doctor who identified THC as the psychoactive element of cannabis, as well as discovering the human brain's endo-cannabinoid system. His current study is researching 70 Israeli combat veterans and their use of cannabis to relieve said symptoms of PTSD.

Over the last 70+ years, our military veterans have been hit with severe forms of PTSD due to combat and loss of life. The U.S. Department for Veterans Affairs states that roughly 30% of Vietnam Vets, 10% of Gulf War Vets, and upwards of 20% of Iraq/Afghanistan Vets suffer from PTSD. Veterans throughout the United States have been pressing the issue of stronger rights for these military vets, especially to the right of choice to use medical marijuana to relieve their crippling symptoms.

A CNN report from November 2013 brought a bone-chilling realization of the seriousness of the issues, citing: "Every day, 22 veterans take their own lives. That's a suicide every 65 minutes. As shocking as the number is, it may actually be higher.

The figure, released by the Department of Veterans Affairs in February, is based on the agency's own data and numbers reported by 21 states from 1999 through 2011. Those states represent about 40% of the U.S. population. The other states, including the two largest (California and Texas) and the fifth-largest (Illinois), did not make data available."

The CNN article also reported on a recent analysis by News21, an investigative multimedia program for journalism students, which found that the annual suicide rate among U.S. veterans to be about 30 for every 100,000 of the population. This was compared to the civilian rate of 14 per 100,000. The analysis of records from 48 states found that the suicide rate for vets more than doubled the rate of civilian suicide.

In August 2012, President Obama signed an executive order calling for stronger suicide prevention for veterans. In 2013, he announced \$107 Million in

new funding for better mental health treatment for veterans with PTSD and traumatic brain injury. With the current VA scandals and the federal government, veterans are rightfully looking for other options to treat their condition in a timely manner.

This past year, Michigan joined in support to those veterans and others who have encountered life-changing circumstances and recommended Post-Traumatic Stress Disorder as an acceptable condition for the Michigan Medical Marijuana Program. Since then, not much has been done to facilitate those patients with a proper treatment plan to include medical marijuana. The Director of LARA, Steve Arwood, has expressed his concerns with a lack of research on medical marijuana for PTSD, also that there could be conflicting situations for veterans using VA services. Director Arwood luckily approved the recommendation. Now where does that leave the patient? Can they walk into any doctor certification office and then be recommended for a medical marijuana patient card? What steps are to be taken to ensure a proper plan for those suffering with such a serious condition?

RETURNING FROM A WAR ZONE? SUFFERING FROM A TRAUMATIC EXPERIENCE SUCH AS AN ACCIDENT? SUDDEN DEATH IN THE FAMILY? GUN VIOLENCE? SEXUAL VIOLENCE?

Many media outlets direct the symptoms of PTSD to focus on Veterans, rightfully so. Although they are hit very hard with PTSD, they are not alone in the fight. Opposite of those suffering from a war zone experience are others throughout the country suffering from the same symptoms of PTSD. As mentioned, traumatic accidents and personal losses, experiencing



MEET TRACIE EDWARDS

MMMR: *Ms. Edwards, how long have you worked with PTSD patients?*

TE: I've been working with PTSD patients and other mental illness issues since 2006.

MMMR: *How do you feel PTSD should be handled to ensure long term success for the individual patient?*

TE: With ongoing counseling to assist him/her in mastering their coping skills, the patient will have help to return to their previous level of daily functioning, before the traumatic event. For some clients, prescription medication is necessary for insomnia, nightmares, anxiety, and depression.

MMMR: *What are your credentials to treat patients with these symptoms? How can a patient receive follow up care from you after their MMP recommendation?*

TE: I am an MA and LLPC, which means I have a Master of Arts Licensed Professional Counselor obtained from Spring Arbor University. Currently I am in private practice; I serve on the board of directors of "Our Home Transitional" an organization that provides services to local veterans. Anyone interested in receiving follow up care for their PTSD in the form of counseling may do so at my office, which can work with your insurance.

MMMR: *Can you give us an example of a symptom of PTSD that you see the most?*

TE: Living with vivid, recurring memories of trauma. PTSD clients attempt to handle experiencing the trauma over and over again on a daily basis.

gun violence, sexual offenses, and many other situations can result in PTSD in many different stages. Millions of every day citizens suffer and are unclear on how to seek treatment. Although the media directs the attention on our wounded warriors in hopes they receive the help they need, many patients in general are unaware if they "qualify" for treatment since their encounters with events have left them unsure of many things, especially how to properly seek treatment.

Of course, the reason behind this article is not to say "to prevent suicide, medicate with marijuana". The point is to simply help shed some light on the epidemic felt in every state in this country, also to acknowledge that medical marijuana most certainly can help with the palliative care for these sufferers who need follow up care and relief of their symptoms.

Michigan Organic Solutions Certifications in Flint, MI is now scheduling patients to be seen for Post-Traumatic Stress Disorder and receive their Medical Marijuana recommendation. MOS Certifications has a counselor on-site who will assist any patient with PTSD symptoms or previous diagnosis. Positive end-results are the number one priority at MOS Certifications. Their goal is to ensure a proper support system. Once the patient is seen by the counselor, the consultation is then forwarded to the certifying physician. Based on the consultation, the physician, counselor, and patient will work together to construct a plan best suitable for the individual's needs. On-site consultations are available, with other resources for the patient to help them work through their PTSD symptoms after a recommendation is given for their medical marijuana patient card.

In Michigan, three VA Medical Center Directors have statements in regards to the use of medical marijuana for veterans. All three

Directors, from Battle Creek, Saginaw, and Ann Arbor, collectively agree that although the VA will not be allowed to dispense, recommend, or store medical marijuana for sufferers of PTSD and will not make a recommendation for it, the active VA patient will not be held accountable for having marijuana in their urine screenings if recommended by another doctor outside of the VA system. It is still a federal level issue, as the VA is a federally granted program, as well as all physicians, nurses, and practitioners are not allowed per the federal DEA to deal in state-run medical marijuana patients at this time.



Michigan Organic Solutions Certifications is stepping up to the plate for veterans and other citizens suffering with PTSD: to ensure safe, effective, quality treatment options for the patient, as well as follow up care to maintain positive end results for the patient.

The degree of suffering comes into play, as well. Some patients are suffering lots more than others and suffer from crippling conditions, whereas others use it for sleep purposes, etc. as mentioned previously. Physicians will be available for consultations and recommendations for patients suffering from Post-Traumatic Stress Disorder at the upcoming 8th Michigan Medical Marijuana Conference in Traverse City, MI August 29, 30, and 31st. at the Grand Traverse Resort and Spa.

This is a chance for those who have yet to be seen by a physician to consult with the doctor, discuss their conditions and symptoms, and put a plan of action together to alleviate the suffering. No one deserves to live in debilitating fear. No longer should a veteran or any citizen suffer, be penalized, have their insurance reduced or removed, because they choose a natural, anti-prescription plan for their recovery.

For more information on how those with PTSD can have a physician consultation and medical marijuana recommendation, please contact: MOS Certifications: 3553 S. Dort Hwy. Flint, MI 48507

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Michigan News

by Chelsea Shaker

Statewide



Due to a high demand in energy requirements from legal cannabis growers in the U.S. and Canada, NovoFuel is in the works for securing a deal with renewable energy firms in Michigan. The deal would bring wind turbines and solar energy to an energy firm in Michigan that will handle half of the energy load and reducing the power provided by the local utility grid. The pilot site is not yet public information, but once the pilot configuration is installed and fully tested out, NovoFuel's customized RES (renewable energy systems) solutions would be expanded to other locations and other states, as well as Canada. Michigan is a prime location for this endeavor, offering tax rebates on renewable energy. CNN Reports that "This rapidly expanding industry has led to the introduction of entirely new marijuana product applications such as the use of the stalks and stems to make paper -- a cheaper and "greener" approach than using wood as the feed stock. This development has raised the stakes -- big players, such as the tobacco companies, are now exploring entering this arena, and traditional farmers are considering cannabis as a profitable and easy-to-grow new crop. The ability to get carbon credits from the federal government and tax credits under the Farm Bill for growing a new commodity, adds to the attractiveness of this new crop for farmers. From a power and energy standpoint, these larger scale operations are especially suited to total off-grid RES solutions."



Lansing

On July 16th the Senate Government Operations Committee reconvened to hear testimony on HB4271, the Provisioning Center bill and HB5014, the concentrate/edibles bill for consideration. Although

the Committee Chair, Senator Randy Richardville agreed to another round of testimony, he is still not supportive of the bills with the current language. Although he voted in favor of passing the bills from his committee, he claims much work needs to be done to the bills to ensure a successful Senate floor vote. Michigan State Police have concerns as well, and Senator Richardville is determined to have any further concerns acknowledged and addressed within the bills' languages, if they expect a Senate vote by September. The bills were passed in the Senate Government Operations committee by 3-1 vote. These bills look to solidify the rights for patients to have safe access to their medical marijuana and include all forms of marijuana including edibles, tinctures, oils, salves, and so on. It also calls for a local option for municipalities to opt out of having safe access cen-

ters if their town collectively agrees to opt out. Other changes have been discussed amongst other medical marijuana activist groups, but at this time it is unclear how the main supporter of the dispensary bill, NPRA, will correct the issues presented by other groups and now legislators and law enforcement as well and what changes will be open for the discussion.

Lansing

A hearing on July 16th discussed possible changes to MMMP to the Secretary of State by LARA. The proposal calls for possible online applications for renewals and new applicants, which would help streamline the program as other departments within the state are now using a paperless system. The Department would be allowed to verify the information provided on the online application by either: contacting the primary caregiver, the parent of guardian of the minor patient, verifying the physician is licensed by the state of Michigan, and contacting the physician directly to confirm the written recommendations for the condition. A proposal at the hearing called for a reduced fee for applying for the Michigan Medical Marijuana Program, bringing the cost down to \$60 for a 2-year card, and maintaining the \$25 reduced fee for full Medicaid and social security applicants.



Wexford County

MEDICAL MARIJUANA BUSINESSES RAIDED AND FORCED TO CLOSE IN WEST MICHIGAN

The Traverse Narcotics Teams have shut down and seized medical marijuana businesses in Wexford County. The TNT issued search warrants on five local medical marijuana dispensaries, including Magic Buds, Best Cadillac Provisions, Summer Island, Blue Spruce Gallery, and Mesick Pharmacy. The Wexford County Prosecutor says Michigan's Medical Marijuana Act was poorly written and recent court cases support their recent police actions. "It's an attempt to deal with not only the marijuana, but the element that that type of trafficking brings to the counties" claims Wexford Co. Prosecutor Anthony Badovinac. Meanwhile, marijuana patients in that area are in limbo. The county prosecutor says these dispensaries have 30 days to close or face criminal charges.

National News

by Chelsea Shaker



Rhode Island CO-OP GROWS ALTERED BY NEW AMENDMENT TO LAW

Governor Chafee signed legislation that amends Rhode Island's Medical Marijuana law. The Amendment limits

the amount of medical marijuana grown in co-ops in non-residential settings to 10 ounces; 48 mature plants and 24 seedlings. The law also requires co-ops to comply with municipal codes and building codes. Cooperative grow rooms in residential settings can have 24 mature plants and 12 seedlings. The law also calls for both types of cooperatives to report the presence of their operations to state police. The legislation was pushed largely in part by a working group of law enforcement leaders and other professionals lead by the attorney general's office.



Ohio OHIO FALLS SHORT FOR MEDICAL MARIJUANA TO BE ON BALLOT IN 2014

A ballot initiative to place medical marijuana on the November ballot for a state-wide vote fell short by 286,000 signatures. Ohio Rights Group President John

Pardee says the campaign collected 100,000 of the 386,000 needed. The group was successful, however, at gathering the minimum number of verified signatures needed in 30 counties. Supporters of the Ohio Cannabis Rights Amendment plan on continuing their efforts and circulate petitions for a 2015 ballot.

"The signatures collected will still be viable for our revised goal of ballot qualification this time next year," he said. "The groundwork this work created has, in turn, allowed us to start engaging a bipartisan group of leaders in the Ohio legislature to craft and pass meaningful medical cannabis and industrial hemp bills that will serve to provide aid to our ailing citizens, and new economic opportunities for our farmers and businesses."



Arizona PTSD FINALLY CONSIDERED AS ACCEPTABLE CONDITION FOR MEDICAL MARIJUANA PROGRAM

Patients in Arizona suffering from PTSD will soon be considered amongst the debilitating conditions

recognized with the Arizona medical marijuana program. Will Humble, Director of the Arizona Department of Health Services, has announced the decision after an Arizona judge ordered the Department to include PTSD as a qualifying condition. Advocates in Arizona have been petitioning the Department, which oversees the medical marijuana program, for several years to include PTSD. Starting January 1, 2015, patients will be allowed to use marijuana for the palliative, but no primary, treatment of their symptoms. According to the MPP, Arizona is now the 10th state to recommend medical marijuana for PTSD sufferers.



California CITY OF BERKELEY REQUIRES DISPENSARIES TO GIVE MEDICAL MARIJUANA TO THE POOR

Medical marijuana dispensaries in Berkeley are being required to offer marijuana free of charge to low income patients under a new ordinance approved unanimously by the Berkeley City Council. At least 2% of medical marijuana each dispensary transfers must be given free to low income residents of Berkeley who are medical marijuana patients. Berkeley City Council has defined very low income as \$32,000 a year for one person, and \$46,000 a year for a family of four. Under the law, which takes effect in August, also amends the city's amount of dispensaries to a total of four, and eventually up to six by next year.

Medical marijuana is a thriving industry in Berkeley, where the 3 current dispensaries paid nearly \$640,000 in city taxes last fiscal year. Charles Pappas, a member of the city's Medical Cannabis Commission, said, "Our Mantra is 'The best medicine for the lowest possible cost for people in need'".



Illinois MEDICAL MARIJUANA LAW PASSES FOR EPILEPSY

An Illinois law focused on medical marijuana for debilitating symptoms from epilepsy has just passed in Illinois for minors and adults. Illinois Governor Pat Quinn signed the effort into law July 20. Initially, he law was only open for residents 18 years and old with a 4-year pilot program, which later included minors due to parents appealing to be included in the law. The law will go into full effect in January 2015. Patients will be able to apply for their medical marijuana license in September of this year. An annual application of \$50 is for veterans and the disabled, and \$100 for other patients. Other symptoms and conditions that are applicable for the program include Alzheimer's disease, Crohn's disease, glaucoma, hep C, HIV, Lou Gehrig's disease, muscular dystrophy, cancer, and other chronic pain ailments. Final regulations are with the Illinois Department of Public Health will be issued by January.



Florida BUSINESSES APPLYING FOR DISPENSARY LICENSES PRIOR TO A NOVEMBER VOTE

A Handful of businesses are applying for medical marijuana dispensary licenses prior to the vote on the

November 2014 statewide ballot to consider a medical marijuana program and include safe transfer locations. 14 businesses in Palm Beach County have registered with the state for a license. The Department of Health estimates there may be 420,000 patients whose conditions will be applicable for registering for the new program. If passed, upwards of 1,900 dispensaries may be opened throughout the state, since the initiative does not call for home cultivation. Recent polls show that 70% of Florida voters support the measure.

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GROW TIP

The Art of Repotting



Drooping leaves are a sign of a root bound plant

by Ben Horner

Cannabis plants that are grown in pots need to be repotted, as they grow larger. This article refers to soil and soilless potting mixes, but the same principles apply with other grow mediums. When a plant out grows its pot, in between watering's the leaves will droop, then when watered the leaves will perk back up. This is caused because the root structure has out grown the pot and is "root bound." "Root lock" is caused when too many residual fertilizers are saturated into the soil. Although flushing your soil with water, and with flushing agents, can reduce root lock but repotting will also help.



Generally, starter plants are planted in 16-20 ounce cups and are transplanted into a larger pot 3-5 gallons after two to three weeks of vegetative growth. Everyone vegs their plants for different amounts of time depending on the strain. Every time your plant doubles in size it should be replanted so the roots can grow. See the chart below for a basic guide on how often to repot. Remember this will vary greatly depending on the strain and what conditions the plants are being grown in.

Do not replant your plants after watering; the soil should be fairly dry before transporting. When repotting, prepare the pot that is going to receive the new plant first. Make sure to using a potting mixes that has good drainage, and it is advisable to add perlite. Put some of your potting mix into the pot, leaving a low point in the center. Before transport loosen the soil root structure from the pot by applying pressure to the walls of the pot while rotating. Try to keep the root ball intact until you place the plant into the new pot, and then cover with soil.

Every time your plant doubles in size it should be repotted so the roots can grow.



Medical Marijuana Conferences are beneficial for maintaining the hype and positivity of the movement itself. MMM Report has dedicated themselves to providing quality, resourceful medical marijuana conferences in Michigan for 3 years and running. This year, they are proud to present the 8th Michigan Medical Marijuana Conference in Traverse City from August 29th, 30th, and 31st at the Grand Traverse Resort and Spa. The 9th MMM Conference is set for September 26th, 27th, and 28th in Grand Rapids at the Orbit Room.

These events draw thousands of people with the intentions to bring education, information, and networking to everyone who's interested. Medical marijuana in Michigan is constantly changing. New laws are being proposed, new court cases taking precedence, all of which the public needs to be made well-aware of. It is our mission to provide the newest, most up-to-date information on legal issues, legislation, and activism news to our events with political panels, legal panels, and keynote speakers who will all address the concerns and successes from across the state and in Lansing.

Lots of people are still unsure how to go about receiving their medical marijuana patient recommendation from a physician. They're not sure if they qualify under their condition, especially the newest condition to be added: PTSD. The MMM Conferences provides the public with two certified physicians who are accepting patients for their

medical marijuana certifications. MOS Certifications and Michigan Wellness Center will be offering these services for the entire 3-day event.

Included in the festivities for the 8th MMM Conferences is our 2nd Grower's Green Cup Competition and our 2nd Glassblowers Competition!

Samples of all kinds: flowers, concentrate, and edibles are tested through Iron Laboratories when entered into the Green Cup! Entry Forms are available at our Conference Website with Sample Drop off locations! Think your strain is the best? Prove it, and win a trophy! Our very first Glassblowers Competition kicked major ass! We had a nice variety of art to vote from, which proved a tough job! Beautiful art was prepared from some of the best glassblowers in Michigan, and we're happy to do it again for the 2nd Glassblowers Comp! Bring your best glass piece: smoke-able, art piece, and concentrate piece to the 8th MMM Conference with a bio including pictures of the glass-blowing process for that piece! Unfortunately, there will be no on-site glass blowing this time around. Win a trophy and get mad props for creating the most rad art piece at the Conference!

Visit www.mimedicalmarijuanaconference.com for more information on Vending, Certifications, Entry Forms, Classes, and more!

FRIDAY, AUGUST 29TH @ 6:00PM TIL SUNDAY, AUGUST 31ST 5:00PM

INSTRUCTORS:

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DR. BETH FISHER – *Discussing seniors & medical cannabis*

CAPTAIN KIRK - *High Times award winner shows how to make medibles.*

WAYNE GREGORY – *Discussing high yields & pro-biotics*

ANEDRA LEWIS – *Discussing accounting/record keeping for businesses*

JIM KOSTRAVA – *Organibliss: talking nutrient supplements for cultivation*

RICK WELLER - *Organic fertilizers & grow techniques*

TOMMY SZOT – *Detroit Nutrient Company*

**SATURDAY, AUGUST 30TH 6:00PM
& SUNDAY, AUGUST 31ST 1:00PM**

LEGAL PANEL:

Discussing current/past cases, patient/caregiver rights, business rights, and what you can do to protect your rights.

BERNARD JOCUNS - *Lapeer Attorney, VGIP Volunteer*

TOM LAVIGNE - *Attorney from Cannabis Counsel - Detroit*

DANIEL GROW - *West Michigan Defense Attorney*

DAVID RUDOI - *Attorney in Detroit, MI*

BRENDA WILLIAMS - *Attorney in Genesee County, Member of CSG*

JEFF HANK - *Attorney for CSG, Coalition for Safer E. Lansing*

**SATURDAY, AUGUST 30TH @ 4:20PM
& SUNDAY, AUGUST 31ST @ 2:00PM**

VGIP PANEL:

Discussing current marijuana decriminalization efforts in Michigan

MIKE LUMETTA - *Utica*

DEBRA YOUNG & ANDREW CISELL - *Oak Park/Ferndale/Gross Pointe Park*

CARY JUSTICE - *Saginaw*

JEFF HANK - *East Lansing*

BERNARD JOCUNS & BEN HORNER - *Lapeer*

CHUCK REAM – *Cofounder*

SATURDAY, AUGUST 30TH 2:00PM

CANNABIS STAKEHOLDERS GROUP PANEL:

Discussing political action committee focused on lobbying for safe access, patient and caregiver rights in Lansing, and keeping the cannabis industry an open market in Michigan

NICK PANESSIDI - *President*

BEN HORNER - *Treasurer*

BRENDA WILLIAMS – *Member, Attorney*

And other members of CSG will be speaking! Stay Tuned for Final Run Down!

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IDENTIFIED WEED 41

*A Column by
John Sinclair*



Highest greetings from Amsterdam, still the world capital of the cannabis culture despite all the efforts of the Dutch government to drive the marijuana industry back to the Stone Age, and notwithstanding the incredible gains being made at last in sections of the United States where citizens may finally buy their weed over the counter, without interference by the drug police.

Before I say anything else I'd like to thank my publisher, Ben Horner, and all the marijuana people in my home town of Flint, Michigan—where I smoked my first joint over 50 years ago—for their brilliant efforts in attracting the High Times Medical Cannabis Cup to the former Vehicle City last month. We've come a long way from the extremely modest beginnings of the Michigan marijuana movement in January of 1965 when a wild surmise called Detroit LEMAR raised its shaggy head to make the improbable proposition that marijuana should be legalized and the weed must be freed.

It's been a long and bitter struggle against the hard-headed nuts who have designed our legal system to attack and persecute their fellow citizens who don't get high the same way they do, starting with their vicious twisting of the facts and contortions of reality to suit their puritanical purposes. When we started fighting against the insane marijuana laws in Michigan, weed was classified by the State as a narcotic drug with penalties for convicted possessors set at ten years in prison and for distributors of the sacrament, a minimum mandatory 20 years to life in the penitentiary.

Now it's a medicine all over Michigan and a substance that's legal to possess for recreational and spiritual purposes in city after city across the state. And we've celebrated Cannabis Cups in Detroit and Flint, something once very difficult to

imagine, so our years and years of fighting to achieve a correct definition of the herb are beginning to pay off big time. At the end of this process of redefinition I hope we can expect to see general acceptance of the reality of marijuana in our lives—that it's a gentle, benevolent herb with much to offer all of us in terms of mental and physical health, increased sensitivity both mental and physical, enhanced perceptual ability, inspiration and sustenance for the creative process, the promise of warm fellowship and stimulated conversation when consumed by groups of like-minded smokers in a convivial atmosphere.

But it is these particular qualities that have caused the stone wall of the War On Drugs to be thrown up continually in our faces and our heads to be smashed against it. When you strip all the bullshit of the legal system away, what remains is the insane determination of the people who control our consumer society to keep us from getting high, and to punish us severely if we persist in trying to get to where we want to go mentally and spiritually.

Maybe that sounds too simple-minded, but I've examined this issue for more than half a century now and there's simply no other rational explanation for the legal barricades against marijuana smoking. There's nothing wrong with marijuana, it's not dangerous, it doesn't impair performance, it doesn't kill anybody—it's just a benevolent herb that holds no potential for harm for the individual nor for the social order itself. There's no better proof than in the experience of Amsterdam with respect to allowing marijuana sales and possession and smoking the herb in public. Since 1972 coffee shops in Amsterdam have been allowed to sell marijuana and hashish over the counter and permit its smoking on their premises.

But in the mid-1990s, with no visible or recorded negative effects from 20 years of this happy policy, and with less than 25% of the populace identified as smokers with no perceptible increase in the smoking rate from year to year, the Dutch government began an ill-founded campaign to shrink the legal cannabis world instead of taking the logical next step and legalizing production and distribution.

The economic boom created by the burgeoning grass-roots marijuana industry, rather than being encouraged and nurtured by the national government, was seen as an embarrassment to the national image as more and more "drug tourists" flocked to Amsterdam to enjoy the unique cannabis culture and spend their money in the coffeeshops to the extent that 25% of visitors were remarked to be here for the weed.

The coffeeshops were the focal point for a truly grass-roots movement that began with the illicit production of marijuana in great bulk with an appropriate workforce, its distribution requiring another workforce of trimmers, packagers and deliverers, its retail dissemination providing work for the hash-tenders, beverage staff, cannabis managers, and the other jobs associated with operating public premises. A lot of people could make a living helping the weed get from the farm to the smoker.

The government began its attempt to turn back the tide by requiring the registration of coffee shops and the annual purchase of a license to operate. The amount of cannabis product allowed on their premises was limited to 500 grams, and the consumer was limited to purchases of five grams or less. When the registration started in 1994-95 there were an estimated 1200 coffee shops in Holland, with 600-750 located in the many neighborhoods of Amsterdam but concentrated in the city Centrum where they were convenient to the Central Station, the Red Light District, and the heart of the tourist industry. By 2000 the number of shops was down to 750 country-wide, with about 500 still operating in Amsterdam.

Since the turn of the century the screws have tightened without relent, and the number of coffee shops still in operation is now less than 200. Coffee shops that close from failure of business are not allowed to transfer their licenses; some are closed by the authorities for violations of the unwritten coffee shop laws; some like those in the Red Light District are being closed as a result of city redevelopment plans; and some like the 13 just closed in the Centrum for being located within 250 meters of a school building.

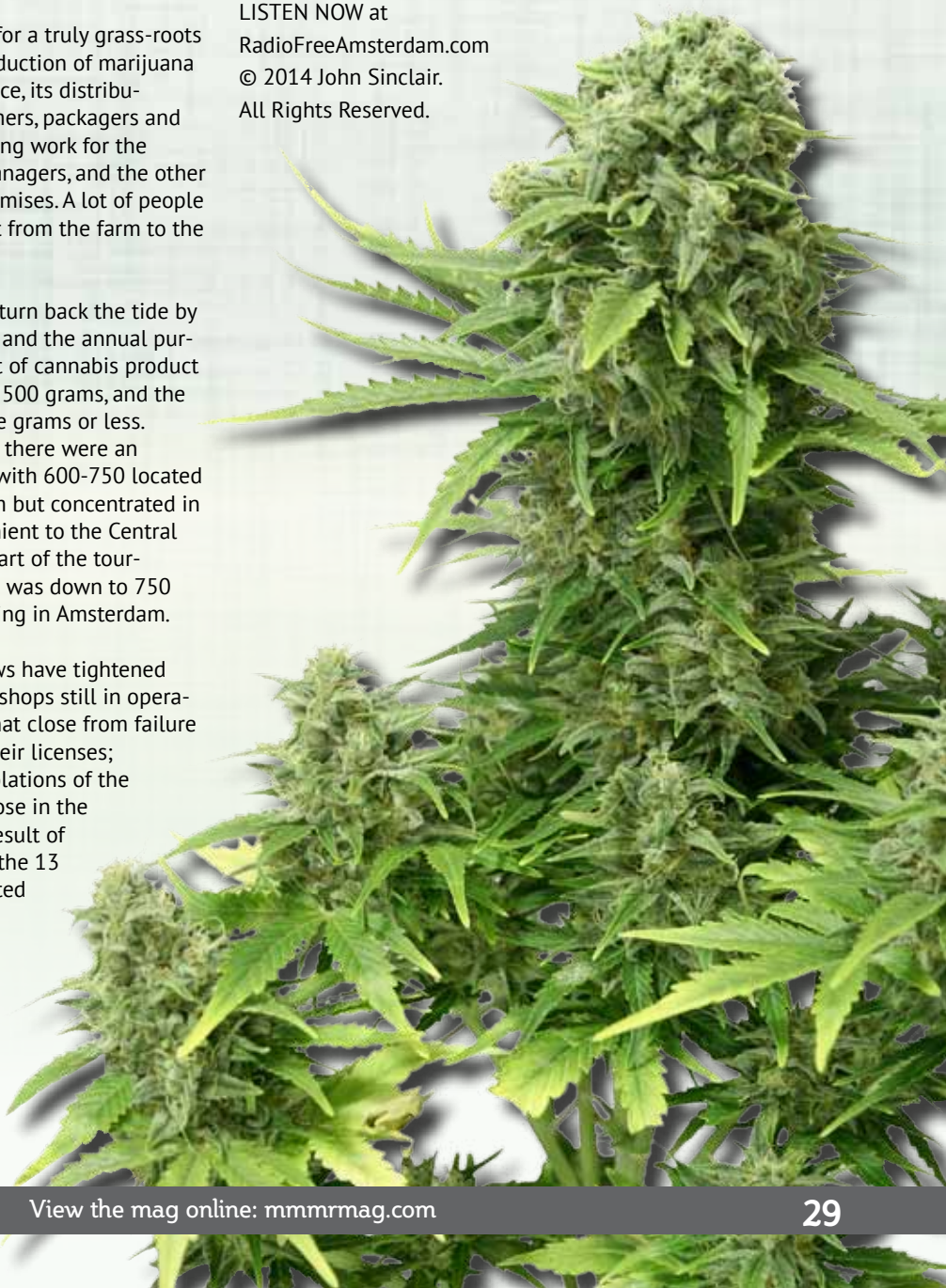
In 2007 when smoking was banned in all public premises the anti-marijuana forces tried to get weed included in the ban, but it was pointed out that marijuana isn't toxic and poses no harm for nearby non-smokers. Then a long-delayed edict banning establishments

from selling weed and alcohol on the same premises went into effect, and many coffee shops that also served drinks lost a big piece of their business.

This shrinkage is painful to witness, not only for the inhuman punishment of small businesspeople at the whim of the authorities but for the supreme idiocy of the policies adopted to attack and attempt to conquer the cannabis culture here. It'll never happen, but that only makes the process more ridiculous and harder to tolerate.

I could go on for hours but I'm out of space for this month. Thanks for listening and FREE THE WEED!

—Amsterdam
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FOR MICHIGAN LOCAL POT INITIATIVES

Nineteen Cities May Seek Marijuana Law Reform!

by Chuck Ream

November 4, 2014 will be a big night in Michigan for Cannabis and Freedom! We will sit and watch the returns come in from so many Michigan cities, big and small, rich and poor, urban and rural, Republican and Democrat. All sorts of voters will show that they are American patriots with both brains and compassion; they understand finally that cannabis prohibition is cruel, ridiculous, and ultimately dangerous. It's dangerous because pot law enforcement constantly pulls law enforcement resources away from solving or preventing real crimes that have victims.

Petition signatures were due in the offices of city clerk's July 29. Soon we will know how many of the cities qualified to have marijuana law reform proposals on their ballots November 4. At the least we will have a dozen and at best all nineteen! Credit goes to the heroic local leaders who have done the very hard work of gathering signatures, and to the very generous activists who gave hard earned money to the Safer Michigan Coalition fundraiser on June 5.

The Safer Michigan Coalition has given cash to pay for signatures or have petitions created to local campaigns in E. Lansing, Port Huron, Mount Pleasant, Gross Pointe Park, Frankfort, and Keego Harbor (as well as Marquette in the UP – I have no idea what they are doing there).

"Superactivists" Andrew Cissell and Debra Young worked for long hours every day gathering signatures. They put 5 cities on the ballot by themselves! This level of commitment is astounding and unprecedented, proving that Andrew is a dynamic and effective candidate for the Michigan House of Representatives. They worked so fast that two of their cities, Oak Park and Hazel Park, are qualified to be on the August 5 primary election ballot! Hopefully this will provide two separate "news cycles" of media covering cannabis law reform victories in Michigan.

Oak Park city hall decided to ignore the crystal clear laws governing local initiatives

and refuse to allow our issue on its August ballot. We couldn't allow this to happen because if we let one city play illegal games with us a bunch of other cities might try something. We could not be vulnerable and weak. We hired Mark Brewer, the former head of the Michigan Democratic Party, as our attorney. Mr. Brewer knows election law. Oak Park immediately changed their minds after a visit with a judge. I doubt that other Michigan cities will ignore the law now, but our bill was more than \$6000. We will be forever grateful to MMM Report for paying a major portion of this necessary attorney bill!

Nearly all of the 2014 Michigan cities are using the "legalization by exemption" petition that was perfected by Safer Michigan Coalition chairman Tim Beck. Tim defended it all the way through the Michigan Supreme Court (financed out of his own pocket). This little nugget of legal jujitsu leaves all the marijuana laws of a city in place except that an adult possessing less than one ounce of cannabis on private property not frequented by the public (or transporting such an amount of pot) is exempted from the provisions of the city marijuana law. I remember explaining to Tim that he could never get this petition approved, but he did. So, these cities are voting on "legalization" of a sort – and so far cities have all voted yes!

We will win every election that we contest, but overconfidence or boasting is the true kiss of death. We appeal to the head and the heart. We praise the voters, (who are the last line of defense for democracy), for their wisdom, compassion, and patriotism. We never "tell" voters how to vote, or "assume" victory. We are working hard to give some city voters a voice on a policy which directly affects the safety and the "fairness" of every community. We are very humbly asking the voters to consider our position – that cannabis is not really harmful but cannabis prohibition is harmful indeed. An American is arrested for pot every 42 seconds, and their lives may be brutally affected – no education loans, no good job, no public housing, maybe no voting or driver's license; or you can lose custody of your child; possibly after giving birth in a hospital.

We have almost no money for any "campaign", and we never have in the past. What you can do is:

- 1) Write a strong short letter to the editor to a newspaper in or near a "target" city. This is so important. Our people have to start to do it!**
- 2) SHOW UP and show support if we have a little informational event in one of the cities in October! Please!**

No other state has this level of "grass roots" activism! Michigan is ready to lead – and prepare for legalization in 2016. (if that pesky first million dollars shows up)

In Michigan you can be part of a dynamic movement that is actively winning liberation, city by city, for cannabis and her people.

Change will follow on the state level, beginning with statewide decriminalization.

Do what you can to help us win Nov. 4! (and Aug 5)



VOTE GREEN *The History of* Vote Green Initiative Project

by Ben Horner



Prelude:

The MMM Report was started in February of 2011 as an information source for medical cannabis users in Michigan. Funded by Michigan Organic Solutions, Flint's first medical marijuana dispensary, the MMM Report grew quickly as the new industry opened up across the state. Although the MMMA legalized medical marijuana, the legality of dispensaries became an issue of conflict. Although some cities embraced the new marijuana businesses and non-profit compassion clubs, many law enforcement and other government persons claimed that transferring marijuana in a dispensary was still illegal. After covering several pro-medical marijuana rallies in Lansing and interviewing several cannabis activists and elected officials, the idea to create the Vote Green Initiative Project (VGIP) was born.

VGIP Takes Shape:

At first, the VGIP was an undefined group of activists that met in dozens of meetings around the State to discuss the issues regarding cannabis laws. Traveling from city to city, usually meeting in a compassion club or mmj business, activists networked and began a grass root campaign to positively connect with lawmakers and others to promote the cause. We met with many legislators in Lansing and discussed the benefits of marijuana and problems associated to the war on cannabis. VGIP commissioned a poll to promote a statewide petition drive to further the reform of marijuana laws, but the Board of MI Norml rejected the results and started the statewide campaign, which was doomed to fail. After several unfavorable decisions in the appellate courts, great fear for patients and caregivers rose, and it was the VGIP and Michigan Organics that convinced many of the dispensaries to stay open. Between this and the failed statewide campaign to legalize the state, the mistrust and animosity of activists that disagreed with us created a fundamental rift in the cannabis community. At this time the VGIP was approached by Tim Beck and Chuck Ream from the Safer Michigan Coalition and asked to help in the local initiatives, starting in Flint.

VGIP Leads The Way:

After successfully passing laws to amend the city code of Flint to legalize an ounce or less of marijuana for adult use, the VGIP returned to grassroots lobbying against the series of bills to amend the MMMA of 2008. As the bills went into lame duck, behind the scene negotiations turned the nose of activists around the state. It became obvious that only professional lobbyists could have a seat at the table. At the same time, more cases further cut into the protections for people under the MMMA. The Michigan Association of Compassion Clubs crumbled and the lobbying effort was taken over by NPRA, which the VGIP supported until it became obvious that the special interest money threatens the core of the MMMA. Last year, the VGIP worked on Ferndale and Lansing to legalize under those city's laws. We also assisted other cities and promoted the idea that anyone could do this within their own communities. The VGIP has continued this effort this year by supporting over 15 other cities do the same this year.

VGIP Hires GCSI

After supporting several organizations in their efforts to pass dispensary bills 4271 and 5104, we were approached by the bill sponsors and told that the current lobbying effort did not have the resources to pass the bills that would legalize dispensing of medical marijuana. After trying to help NPRA in their efforts to pass these bills by hosting pizza parties in the capitol and other events, our efforts and success threatened those who had been responsible for getting these bills off the ground. At this point we formed the non-profit Cannabis Stakeholders Group (CSG) and hired the most impressive lobbying firm in Lansing, GCSI (Governmental Consultant Services Inc). From then on, CSG has lead the movement into getting these bills advanced out of Committee and is now currently poised to help pass them. Both the VGIP and the CSG are open groups that all can participate in. The resistance is strong; people are jealous, egocentric and destructive even within our own movement. We will continue on, and we will win. Vote Green!



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Do-it-Yourself Natural Remedies

by Chelsea Shaker



Tired of prescriptions and over-the-counter medicines to relieve the most basic symptoms? Here are some tips on how to use every day herbs to benefit your body, mind, and soul in the comfort of your own home, safe and naturally... at little to no cost to you!

Only recently have we veered away from using herbs to relieve conditions. In the not-so-distant past, that was the #1 way to treat it-do it yourself! Doctors would recommend simple at-home recipes to alleviate a number of ailments, from headaches, skin conditions, to colds and flu relief. I hope these tips find you well and can help you make a decision whether or not going all-natural can help you!

This month's spotlight herb: Plantain

What is it good for?



1. Relief for insect or spider bites and stings (even mosquitoes!) This is its most common, well known use: Simply crush or chew the leaf and apply right to the site. Sprays can also be made to keep on hand.



2. Any type of skin rash or irritation, poison ivy/sumac. Using plantain oil works best for irritations due to skin conditions. It can help alleviate inflammation, swelling, and redness.



3. Tea - Dried plantain can be used as a tea and is purported to alleviate heartburn and indigestion, as well as being a source for iron and extra vitamins. Simply dry, crush and steep in steaming water!

4. In the bath - I've seen plantain as an ingredient in postpartum herb bath recipes and I plan to dry some to use in my postpartum herbal bath tea next time I make it for someone. The anti-inflammatory properties would be helpful for a sore postpartum mama!

HOW TO MAKE PLANTAIN OIL:

First off, make sure the plantain leaves that you are using are free of any bugs or holes where they've been chewed by insects. Also make sure you pick them from a PESTICIDE FREE area!

Your next step is to put the DRY leaves in a mason jar. You can cut them up into pieces, or insert the whole leaves.

Make sure all of the leaves make it to the bottom of the jar. Add Extra Virgin Olive Oil into the jar. Make sure the leaves are COMPLETELY submerged into the oil. If they are not, air bubbles will get trapped and will cause the oil to spoil. Also, the tops of the leaves will get moldy if not completely submerged. Pour enough EVOO until there is 1/8 of an inch from the top of the oil to the top of the jar. You can also add Vitamin E as a preservative before and after it is canned.

Using a cheese cloth instead of a solid jar does not help. Cheese cloth will let moisture into the jar, which will make it spoil. Make sure to use a lid that secures firmly onto the jar. Place the jar in a COOL, DARK, DRY location for several days. Strain and apply.

TAKE IT TO THE NEXT STEP....

Once you have your plantain oil, you can make it into a salve!



Simply add 3 parts plantain oil to 1 part beeswax. Make sure to refrigerate after preparing to extend the shelf life up to one year. You can infuse other oils and herbs, such as calendula, chickweed, comfrey, or lavender.

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August 2nd

Electric Chair Tattoo's Freak Show Art Show

Clio Fireman's Park, Clio, MI 48420
12:00 Noon

August 2nd

3rd Annual Flint Drop Fest Electronic Music & Art Festival

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Kearsley Park – Flint, MI

August 8th & 9th

Corpus Illuminati IV (Art Show)

Tangent Gallery, Detroit, MI
6:00pm – 11:55pm

August 8th

Flint Art Walk

Downtown Flint, MI 48504
5:00pm – 9:00pm

August 9th & 10th

The Last Erection of the Hegelian Monolith (Art/Music Fest)

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Lincoln Street Art Park - 5926 Lincoln Street,
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3:00pm – 3:00am

August 14th

Happy Harvesters "Back to the Bricks" Customer Appreciation Party!

FREE event! Bands, Food, Vendors, Raffle
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HOROSCOPES AUGUST 2014



Capricorn (Dec 22- Jan 19)

Feeling remorseful for your poor excuse of letting everyone down lately? It's all your fault, suck it up and deal with it. Take responsibility for your actions. Haters are gonna hate, but you deserve the backlash, just a little bit. You're normally wonderful. Don't go all Jekyll and Hyde on everyone. Remain pleasant and sane, we like you so much better that way.



Aquarius (Jan 20 - Feb 18)

Well it looks like you're losing weight this month, probably because you're feeding people a lot of shit lately. Give it a rest or you'll be sore on the ass in no time. Being a bullshitter does you no good, so quit trying to impress people it just isn't working for you. Take yourself back to the drawing board or you can kiss your friends goodbye



Pisces (Feb 19 - Mar 20)

You've got to be the duller person in the world. Don't you have any way of being less monotone and insincere? Your efforts don't go unnoticed, but it's unfortunately overlooked by your lack of enthusiasm in everything you do. Don't act like everything is a chore for a change. Some people would love to be in your position, you ungrateful asshole. Put on a happy face, even if it kills you.



Aries (March 21- April 19)

Aries, the keeper of ideas. Don't hold people in contempt for having better thoughts than you. Trying to be clever all the time sucks, doesn't it? Don't hate for others having a better thought process.



Taurus (April 20-May 20)

You just can't win, Taurus. Maybe it's your smart ass, know-all attitude. Don't be such a prude and take in some helpful advice every now and then. You may soon find yourself in a pleasant, happy situation. Here's to hoping..



Gemini (May 21 - June 21)

You are a sight for sore eyes as of late. Did you decide to roll out of bed and play bum for the month? If something is bothering you, seek your therapist, seriously. Your coworkers and friends will appreciate you finally figuring out your obvious issues.



Cancer (June 22 - July 22)

You sure are trying to not suck this month. Keep it up, you're a little less of a NOOB every day. Don't let the haters get you down, and certainly don't go all on-the-cusp crazy LEO on anyone, that is just too much. You are smart, but don't let people walk all over you. Be graceful and you'll be in a good place this month.



Leo (July 23- Aug 22)

anger management. Does that sum it up for you? Trying to take a chill pill doesn't seem to be helping you, and your monetary mindset is never fulfilled. Take some time to consider other options of happiness. Your friends and family will appreciate it. There's more success to your life than money and things. Make quality time with the ones who love you, dumbass. Rich and alone sucks. Sometimes what makes you rich is the quality of your time.



Virgo (Aug 23 - Sep 22)

How are you soooooo scatter brained? Is it possible you're suffering from a breakdown of sorts? Figure yourself out, man! It's much nicer when you know what the hell you're talking about, and you're easier to be around when you aren't acting like a deer in headlights.



Libra (Sep 23 - Oct 22)

Whining, complaining, pointing the blame. AHH, the three libras. Take responsibility for yourself and don't you dare make your woes anyone else's. Thankfully, your friends and family can deal with that. If you're married or steady with someone, count your blessings. It's a never ending circle with you lately. Ease up and smile!



Scorpio (Oct 23- Nov 21)

What would YOU do to make someone smile??? Just about anything this month, even though you look completely desperate doing it. Eh, it's the effort that counts in your case. Generally tougher than nails on emotions, it's okay to show a soft side this month. Just don't keep it up, we expect the asshole most of the time, anything different has us concerned with your well-being.



Sagittarius (Nov 22- Dec 21)

Being enthusiastic about not being reckless for once is a great quality for you this month. Contemplating going all hermit sounds great, but you are one fun person, so don't worry, this dry spell from being reckless is short lived for you. Back to your old "IDGAF" ways next month. Be mindful of not having reckless EMOTIONS or risk being labeled a loose cannon for the rest of the year.

LIFETIME ACHIEVEMENT AWARD

...What Will I Say?

by Chuck Ream

On Sunday July 27 I received the HIGH TIMES Lester Grinspoon Lifetime Achievement Award. Well before that night I sit thinking about what to say. It is quite an honor to follow in the footsteps of Jack Herer, Snoop Lion, Tommy Chong, Rick Steves, John Sinclair, and others.

I'm proud to accept this honor in the name of all the great activists who fight hard for the holy and useful herb here in Michigan, and in the spirit of the fundamental American value of personal freedom.

I am proud of *High Times*, which I read every page of for more than 30 years, to keep me up with the latest info on my weed. Now I don't just read the news, I make it. We have cannabis legalization campaigns gathering signatures in 19 cities, and our final turn in day is in two days. I should be out getting signatures.

And, thanks. It's fun to be recognized for good work, and we should compliment others when they do fine work to bring freedom for the herb.

I immediately think of three others who should win the "Lifetime Achievement Award" for Michigan. Tim Beck, my organizing partner in the Safer Michigan Coalition, should win next year. Without his epic determination and personal money there would be no Michigan Medical Marijuana Act, or any Cannabis Cup in Michigan. The next year, after a huge new industry has grown up to serve the patients of Michigan, the award should go to Robin Schneider, who is going to get our dispensary and our edibles & concentrates laws through the Michigan legislature, an amazing achievement. After that it should go to Matt Abel, who is always there to guide and facilitate the cannabis movement in Michigan.

Why do I work so hard on this? The first reason is because I love ganja so much. It sets me straight and makes me feel right, both physically and mentally. I love it more than most people because so many other pleasures are denied to me



by the pain in my gut. I could never drink any coffee, or tea, or any caffeine, or smoke tobacco, or eat spicy food, or have any alcohol beyond a couple of beers a week. All I have is ganja in all its forms, and I haven't felt too deprived - or noticed an anti motivational syndrome.

Yes, I have pretty much smoked pot every day for 47 years, but pot use does not mean a lack of discipline. To really get a place in this society there will be a time in your life where you have to study hard many hours a day for years. You can do that, and it feels so good to get high when you are done. The joint after winning a ballot initiative produces the highest high.

The second reason I work on this so much is that I love my country - the country of our founding documents, where we have "freedom and justice for all" and a clear Bill of Rights to protect every citizen from government overreach. This real United States of America doesn't exist anymore; it committed suicide when drug war was used to wipe out our Bill of Rights.

Many of us absolutely will not accept the new American police state and will use our lives to fight for true American values. It is self evident that in the real United States of America no police agency could wreck a citizen's life because they love a natural plant. Police could go after poison Ivy if they need to destroy a plant.

When we fight against Drug War and cannabis prohibition we fight for the soul of our country; it is the civil rights struggle of our time. We now know that pot or drugs have almost nothing to do with drug war and cannabis prohibition, they are illegitimate racist and "culture war" mechanisms for building the police state and the "social control" of the population. The current US government says it has the power to control your consciousness, but the 9TH and 10th amendments say it doesn't. The USA uses your taxes to try to establish this consciousness control (and illegitimate US meddling) world-wide, by establishing DEA offices in about 60 nations around the earth. It has to all be reversed, and we can start by making it clear that Americans have a constitutional right to natural plants.

For me, my devotion to liberating cannabis and the teaching plants runs even deeper than patriotism. I feel like all of my life is knitted together as a whole, with a purpose. When I was a child I took the big questions very seriously, like; "Why am I here" or "What is Good, or "What is God"? Maybe I still do. I was a big reader as a kid. Someone told me to read the bible and I did, and the longer I read the angrier I got. I was already a plant grower at 8 years old, and here was a god who starts out by horrendously punishing humans forever for enjoying delicious fruit that gives knowledge, and constantly slaughters people (even their dogs and cows) for no reason. He makes piles of rules, "smites" whomever he wants, and actually tells you he is a jealous guy. I thought he was disgusting. One day my mother told me "God is sort of the same as Mother Nature", and I felt calm.

Nobody glories more in the beauty, magic and mystery of nature than I. I became a pagan and a goddess worshiper. I am happy with this concept, but I am hard pressed to show where goodness and morality come from. Nature is infinitely lovely, and also infinitely brutal - "red in tooth and claw". My generation experimented with the natural teaching plants and their derivatives and the ecology movement was born. The major place I see the goodness and teaching from nature is in the experiences provided by the magic mushrooms, peyote cactus buttons, ayahuasca, ibogaine, and yes, cannabis. Humans have firmly set ourselves on a direct collision course with our lovely environment. "Unsustainable" means that, at some point, the shit hits the fan. We seem to make no serious effort to save the goose that laid our golden egg. Maybe our gigantic brains evolved too fast. There is no logical reason to think that humans will avoid ecological catastrophe, while our nations establish police state tyranny over the teaching plants in a period of "Pharmacatic Inquisition".

Real religion, plant religion, is so simple - and so completely illegal. I believe

that an elemental morality in nature is carried in the spirit of the teaching plants. They carry "the force" and we should seek to be pure hearted Jedi. We should use the magic plants even if they are frightening; and seek their lessons. We see the beginning of sensitivity to the environment in the 1960's. We see criminals and drug addicts whose lives can be turned around by psychedelics, and cannabis is a big help for any kind of drug addiction withdrawal.

I believe that the only possible way that humans could develop enough morality to live in harmony on the earth is to fully integrate the teaching and healing plants into our culture. You can learn to know that material things are not the best things in life. "Teenagers", for instance, would be more mature and less narcissistic if they went through a heavy psychedelic "rite of passage" at puberty.

Compared to plant religion other religions seem like made up authority trip stories. Real religion is formed in your experience; it doesn't come from priests or words. Think about it, every atom that makes up your body came to you through plants, every bit of oxygen you breathe is freed into the atmosphere by plants. What could be a more obvious logical source of spiritual teaching? (Humans, obviously, are grossly fallible, especially their priests. Even goddess religion wasn't so cool because they sacrificed people all the time.)

Humans first recited and then wrote down religious scripture in the Veda's, a thousand years before the "Old Testament" of the Hebrews. They knew that "soma" was god and made the human godlike. The Rigveda (8.48.3) says "We have drunk soma and become immortal; we have attained the light, the gods discovered". (Some say soma was the amanita muscaria mushroom; probably it was the perfect blend of ephedra [for energy], cannabis, and opium).

When the Hebrews wrote the Old Testament they were trying to seize an iron grip for their authoritarian war god and male priests (among a people that

immediately reverted to pagan practices at every opportunity). The idea that people could get truth by themselves, from plants, had to be smashed totally and for good - so the Hebrew God and his priests could take better control. So, Genesis starts right out with the crazy story of how the fruit from the Tree of Life was to be forbidden rather than shared and cherished. It should be good to get the "knowledge of good and evil" from a plant; but instead, women are made permanent second class citizens and mans relationship with the earth is cursed. It is perverted to suggest that humans are forever burdened by the "original sin" of tasting the forbidden fruit that God put in front of them. Because of that we need a savior? Give me a break.

Right now we desperately need the forbidden fruits, because we can no longer afford to avoid the "knowledge of good and evil". When humans have powerful experiences with the holy plants we often improve our "knowledge of good and evil". We also improve the chances that our earth and our civilization will quickly evolve and flower, rather than "hit the wall" and experience a massive die off of humans down to what is sustainable in a degraded earth.

So, Yes!, nobody lives to get high on pot more than me. However, when I fight for cannabis I am also fighting for American values that we should not give up on. Deeper than that, I am fighting for the Mother God of the Force, for truth between people and harmony with our amazingly wonderful earth. There may not be any reason that humans will change enough to survive but we know that the magical plants could contain much of the solution; the keys to opening the human mind, healing our bodies, and developing enough affection for Mother Earth to preserve her in good condition.

Maybe I will get no chance to deliver this sermon, but it's on my mind. What we do to liberate cannabis could be more important than we realize.

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*What do you call
20 female hippies
in a sauna?
Gorillas in the mist!*



"...a NJ senator introduced a bill to legalize marijuana in New Jersey. Of course, NY Governor Chris Christie promised to veto it, saying, "You do NOT want me to get the munchies..."

-Conan Obrien



"I don't want to tell pot jokes. When I was a kid, they told me pot was a gateway drug. If I start telling pot jokes, I might start telling heroin jokes. Then I'll start telling jokes about cocaine, and end up in an alley, sucking _____ for punchlines."

-Steve Hofstetter



"I used to smoke pot and go to class. Sneak in ten minutes late with a bullshit excuse. Slink down low at my desk. Pray to god nobody asked me any questions. I was the best teacher ever"

-Nathan Anderson

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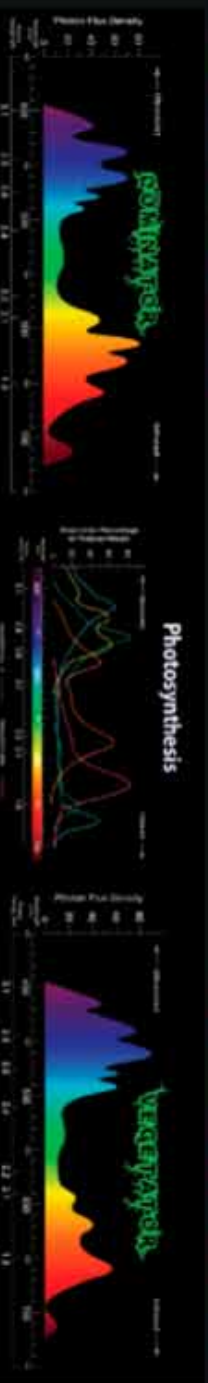
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Pure Neem Extract vs. Neem Oil

by James E. Kostrava



Neem Seeds

Articles written in Sanskrit show that people have been using neem for thousands of years. Neem seeds are pressed and what oozes out is neem oil. But starting in 2005, research scientists that retired from a global chemical company found a way to extract the pure neem extract from neem seeds – capturing 92% of the bioactive ingredients from the Neem trees in Africa.

This pure neem extract is a highly concentrated liquid that you mix with water [two drops per one ounce of water] and apply to your plants as a foliar spray once a week. They instantly take on the properties of the robust, healthy Neem trees from Africa.

In May of 2013, an author named, “Grubbycup” wrote an outstanding feature-length article titled, “Blessed by Neem” that was published in Maximum Yield USA magazine. It is the best explanation I’ve seen of how and why pure neem extract works the way it does. According to Grubbycup, extracts from the neem tree are often used to treat a variety of insect problems. Pests that can be treated with them include: aphids, beetles, cockroaches, flies, fruit flies, fungal infections, grasshoppers, leafminers, mosquitoes, moths, nematodes, snails, spider mites and thrips. Neem is an EPA-approved pesticide that is not only fairly non-toxic to people and animals, but also to beneficial insects including bees.



Doc Deadhead, winner of the Michigan Medical Marijuana Report 2013 Conference: Ann Arbor Caregiver Cup [1st Place: Best Hybrid]; Michigan Medical Marijuana Report 2013 Conference: Traverse City Green Cup [3rd Place: Best Hybrid]; and Arborside Dispensary Cup [1st Place for water extract] swears by Organibliss™ for its growth enhancement and pest control. Doc wrote, “The only thing I changed in my formula is adding Organibliss twice a week to my plants up until 4 weeks in flower (sparingly misting low leaves and main stems during flower).

Organibliss took my plants to the next level that I was not able to reach without it. Plain and simple this product increased yield by 30-50% and the % of potency [over 24% THC] speaks for itself.”

I asked Doc Deadhead if he recommends using any other plant nutrients along with Organibliss™. He recommends Natures Nectar by planetnatural.com, all natural, organic nutrients as simple as it gets. Just N, P and K [Nitrogen / Potassium / Phosphorus.] He also said that adding a bit of molasses (1/4 tsp per gallon.) once or twice during flowering increases the food for beneficial bacteria at

the root zone, however if using fairly high ppm like 1800-2000 or more the salt build up in the soil will kill beneficial bacteria when the soil dries out so more bacteria should be introduced every watering. A large majority of the sugars made by the plant are actually given to the bacteria at the root zone to make them happy and healthy so they will stick around and do their job, he said. Doc Deadhead has conducted extensive field trials and testing of Organibliss™ and is entering three different strains in the High Times Cannabis Cup – Flint competition the end of July.

Quoting Grubbycup: One of the most potent components in neem is the limonoid Azadirachtin, which causes some insect larvae to be unable to metamorphosize, and thus prevent them from becoming adults and reproducing.

He said that Azadirachtin is similar in structure to the hormones used by insects to control development. Once introduced, it blocks the normal functioning of these hormones, and prevents the insects from becoming sexually mature. It is also responsible for a fair amount of neem’s repellent properties. Neem also contains the limonoids salannin and meliantriol (both inhibit feeding) and nimbin, which has antiviral properties.

The extraction process is complicated, but the basic concept is simple: capture the biotechnology of robust, healthy trees [Neem] that have adapted to the harsh climates of sub-Saharan Africa and transfer those properties to our plants here. Organibliss™ controls harmful pests and plant diseases, and unlike synthetic pesticides increases yield an average of 30 to 50%. And it is all natural, organic, and OMRI Listed for organic use.

Organibliss™ is an all natural plant growth enhancer [fertilizer] that:

- Controls harmful pests such as spider mites
- Controls plant diseases such as Powdery Mildew
- Significantly increases the yield [average of 30 – 50%].

James E. Kostrava, is CEO & Founder of Organibliss, LLC. He can be reached at (989) 839-2342 or email: jkostrava@organibliss.com

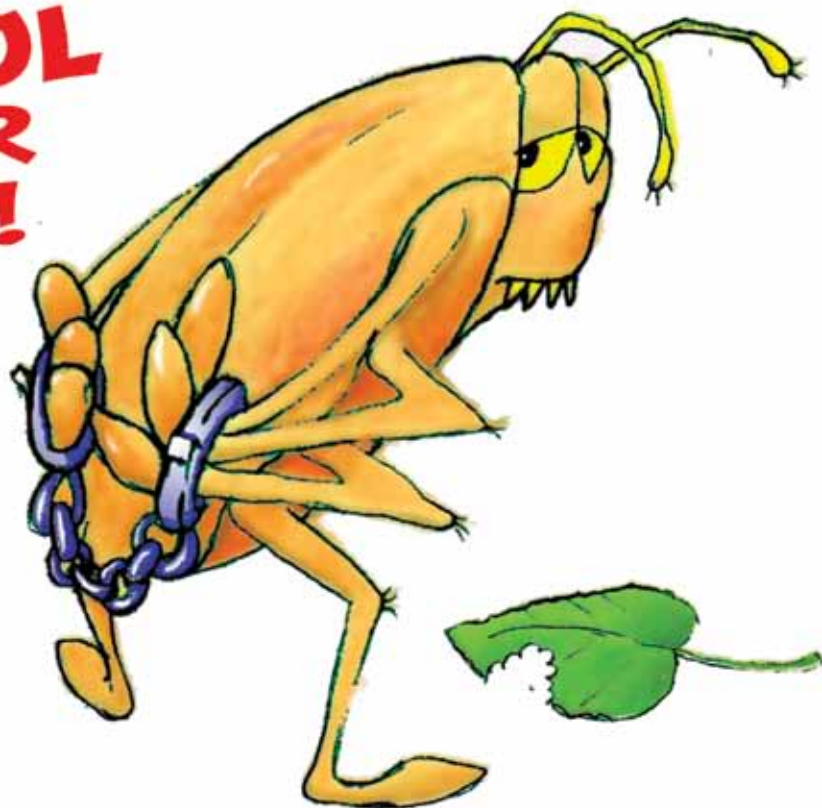


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Ask Dr. Beth



Dr. Beth Fisher is the Chief Creative Officer for Senior Medical Cannabis. Senior Medical Cannabis provides seniors with a wide range of information and supports relating to Cannabis; legal/legislative, medical, political, and social issues. She is on the HempWorks radio show on Fridays at 2:00 p.m. on the Time4Hemp radio station: www.time4hemp.com/hempworks/

Dear Dr. Beth:

I have used dispensaries and caregivers; I would now like to start growing my own medicine. How do I start?

Yours,

-Getting into the Grow

Dear Grow:

I applaud you for claiming your right to grow your own medicine! But before you start, consider the following:

Do you have time to daily and weekly take care of your "girls?" Growing doesn't stop for meetings, appointments, and whatever else you are doing. To grow is to fall in love with Mary Jane at the botanical level, so be ready to make that daily commitment. For example, my partner identified mites on two leaves during the last few minutes of watering. That meant IMMEDIATE spraying for mites & delaying all plans for a quiet night of bedtime reading. I crawled into bed two hours later than planned, but I knew that the girls were healthy and protected.

Do you have the funds to invest? A small grow can cost a few thousand dollars. Going hydroponic, soil, or other mediums? Which organic nutrient line and sprays are best for your girls' needs? Costs for circulation, ventilation, and illumination add up quickly.

Before you open your wallet, create a "fantasy grow." Take some time, talk with other growers, go to Cannabis conferences, and ask questions of owners/employees at grow shops. Create on paper what you really want to do. Crunch the numbers and examine your bottom line. Remember to include "I messed it up funds" when you do something that results in a blown bulb or spilled nutrients.

What do really know about growing? Have you read a book on growing or taken a beginners' class? Do you know how to look for mites or powdery mildew? When is the crop ready?

What is the best way to dry and cure your plants? What are the optimal temperature, humidity, and environmental levels within your budget?

What do you know about running a business? Are you able to keep records, file receipts and warranties? Do you know how to use a spreadsheet?

At some point growers deal with electrical, plumbing, HVAC, and building issues. How will you deal with these issues? Will you fix these issues yourself or call someone? If you call someone, can you trust them? Do you have a realistic system for solving problems with people you trust before you have to find them?

Take grow classes, meet other growers. If you are where you can legally help with a grow, do so. Even if you are hauling water or bags of soil, you are learning about what it takes to grow your own medicine.

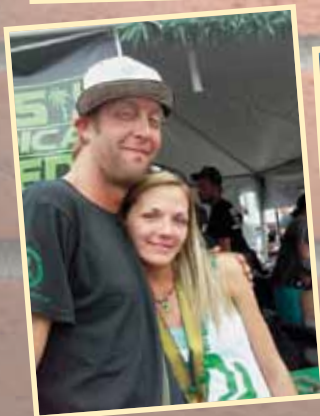
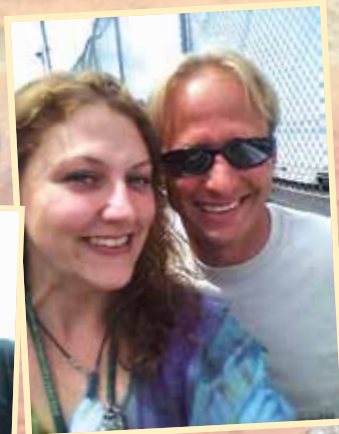
In the end find out all you can about growing before starting. Don't let anyone tell you it is "real easy" or "too hard." Get a good estimate of what it will cost (then add at least 25 percent more for incidentals). Take classes, read, go online and learn from others in chat rooms, visit grow shops, if you are able visit grows and talk with growers. Make an informed decision before you start to garden. If you are able, contact a consultant. My go to source is MMJ Muse (Facebook: MMJ Muse)

Thinking about being a grower is one thing, being a successful grower is another issue. What you don't want is a crop that costs you more to grow than getting the same weight at a dispensary.

**To ask Dr. Beth a question, email her at:
Seniormedicalcannabis@gmail.com**



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History a brief of



1938-1944

LaGuardia Report Concludes Marijuana Less Dangerous Than Commonly Thought

In 1938, New York City Mayor Fiorello LaGuardia requests that the New York Academy of Medicine conduct an investigation of marijuana. The 1944 report, titled "The Marihuana Problem in the City of New

York," but commonly referred to as the "LaGuardia Report," concludes that many claims about the dangers of marijuana are exaggerated or untrue.

Roger A. Roffman, DSW Robert S. Stephens, PhD Cannabis Dependence: Its Nature, Consequences, and Treatment, 2006

"The practice of smoking marihuana does not lead to addiction in the medical sense of the word... The use of marihuana does not lead to morphine or heroin or cocaine addiction and no effort is made to create a market for these narcotics by stimulating the practice of marihuana smoking... Marihuana is not the determining factor in the commission of major crimes... The publicity concerning the catastrophic effects of marihuana smoking in New York City is unfounded." *LaGuardia Committee Report: "The Marihuana Problem in the City of New York"*

1951

Boggs Act Establishes

Minimum Prison Sentences for Simple Possession

"In 1951, Congress established mandatory minimum prison sentences for drug crimes. Named for its sponsor, Representative Hale Boggs (D-La.), the Boggs Act imposed two-to-five year minimum sentences for first offenses, including simple possession. The Act made no distinction between drug users and drug traffickers for purposes of sentencing.

The driving force behind the Boggs Act was a mistaken belief that drug addiction was a contagious and perhaps incurable disease and that addicts should be quarantined and forced to undergo treatment."

Families Against Mandatory Minimums Correcting Course: Lessons from the 1970 Repeal of Mandatory Minimums

1956

Inclusion of Marijuana in Narcotics Control Act Leads to Stricter Penalties for Marijuana Possession

Congress includes marijuana in the Narcotics Control Act of 1956, which results in stricter mandatory sentences for marijuana-related offenses. A first-offense marijuana possession carries a minimum sentence of 2-10 years with a fine of up to \$20,000.

Frontline "Busted: America's War on Marijuana," www.pbs.org (accessed July 21, 2010)

1961

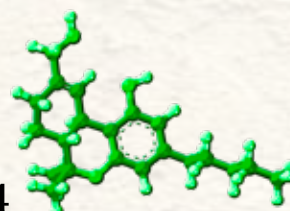
UN Convention Provides Basis for Future Federal Prohibition of Marijuana

The 1961 UN Single Convention on Narcotic Drugs establishes the following rule in Article 49: "The use of cannabis for other than medical and scientific purposes must be discontinued as soon as possible but in any case within twenty-five years..."

UN Single Convention on Narcotic Drugs, 1961

"In 1961, the United Nations adopted the Single Convention on Narcotic Drugs, the terms of which state that each participating country could 'adopt such measures as may be necessary to prevent misuse of, and illicit traffic in, the leaves of the Cannabis plant.' Congress approved participation in the convention in 1967 and three years later passed the Comprehensive Drug Abuse Prevention and Control Act, which provides the basis for current federal prohibitions regarding marijuana use."

National Academy of Sciences "An Analysis of Marijuana Policy," 1982



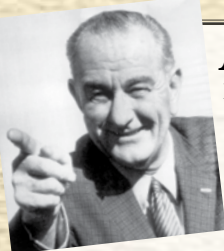
1964

THC, Main Psychoactive Component of Cannabis, First Identified and Synthesized

In 1964 Dr. Raphael Mechoulam, Professor of Medicinal Chemistry at the Hebrew University of Jerusalem, is the first to identify delta-9-tetrahydrocannabinol (THC), as the main psychoactive component of cannabis. He is also the first to synthesize THC.

GW Pharmaceuticals "GW to Develop New Cannabinoid Opportunities with Professor Raphael Mechoulam," GW Pharmaceuticals website, Jan. 21, 2003

1938-1970 Cannabis



Apr. 8, 1968

**President Johnson Creates
Bureau of Narcotics and Dangerous Drugs
(BNDD)**

"The dramatic increase in the use of marihuana and other drugs during the latter 1960's was a matter of high public visibility.

In response, President Johnson offered Reorganization Plan No. 1 of 1968. This reorganization was effective on April 8, 1968 and placed the Federal Bureau of Narcotics (of Treasury) and the Bureau of Drug Abuse Control (of FDA) in the Department of Justice and designated it the Bureau of Narcotics and Dangerous Drugs."

*US National Commission on Marihuana and Drug Abuse
"Marihuana, A Signal of Misunderstanding," druglibrary.org*

Nov. 1, 1968

UK Wootton Report Finds Cannabis Is Less Dangerous Than Alcohol, Other Drugs

The Nov. 1, 1968 Wootton Report, written by the UK government's Advisory Committee on Drug Dependence, finds that "the long term consumption of cannabis in moderate doses has no harmful effects... Cannabis is less dangerous than the opiates, amphetamines and barbiturates, and also less dangerous than alcohol..."

The report's influence is seen in future British drug policies that reduce penalties for possession of marijuana by 50%.

Stephen Abrams, PhD "Soma, the Wootton Report and Cannabis Law Reform in Britain During the 1960s and 1970s," A Cannabis Reader: Global Issues and Local Experiences, www.emcdda.europa.eu, 2008

1968

University of Mississippi Becomes Official Grower of Marijuana for Federal Government

"Since about 1968 the University of Mississippi has held a registration from the DEA or its predecessor agency to cultivate marijuana for government use and research activities... [as] the only DEA-registered cultivator of marijuana. The University of Mississippi... supplies marijuana to researchers for studies ranging from chemical research to preclinical toxicology in animals to clinical work on humans."

Mary Ellen Bittner, JD Ruling in the Matter of Lyle E. Craker, PhD



1970

Controlled Substances Act Classifies Marijuana as

a Drug with "No Accepted Medical Use"
Congress passes the Controlled Substances Act (CSA) (750 KB) as part of the Comprehensive Drug Abuse Prevention and Control Act of 1970. This law establishes

a "single system of control for both narcotic and psychotropic drugs for the first time in US history." The CSA creates five schedules to classify substances. Marijuana is placed in Schedule I, which are drugs "classified as having a high potential for abuse, no currently accepted medical use in treatment in the United States, and a lack of accepted safety for use of the drug or other substance under medical supervision."

US Drug Enforcement Administration (DEA) "A Tradition of Excellence: The History of the DEA from 1973-2003," DEA website (accessed Aug. 9, 2010)

US Drug Enforcement Administration (DEA) "Marijuana," DEA website (accessed June 17, 2011)

"The Congress asked the Department of Health, Education and Welfare for their recommendation where marijuana should be placed in the Controlled Substances Act.

The response, by letter of 8/14/70, of the Assistant Secretary for Health and Scientific Affairs [Roger O. Egeberg] is as follows:

"...Some question has been raised whether the use of the plant itself produces "severe psychological or physical dependence" as required by a schedule I or even schedule II criterion. Since there is still a considerable void in our knowledge of the plant and effects of the active drug contained in it, our recommendation is that marihuana be retained within schedule I at least until the completion of certain studies now underway to resolve the issue. If those studies* make it appropriate for the Attorney General to change the placement of marihuana to a different schedule, he may do so in accordance with the authority provided under section 201 of the bill."

Jon Gettman, PHD "Marijuana's Dependence Liability - 1970," DrugScience.org (accessed Dec. 12, 2011)

[Editor's Note: *"Those studies" were concluded in the 1972 Schafer Commission report, which recommended removing marijuana from the scheduling system and decriminalizing it. President Nixon rejected their recommendation.]

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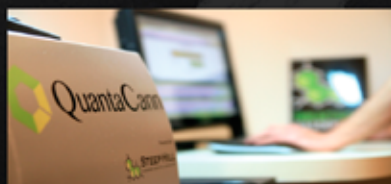
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MARK Z. JACOBSON: A MAN WITH A PLAN...

(Well, 50 of them)

by Justin Zachary

There has recently been a lot of "concern" and coverage in the media with regard to oil, coal, fuel, and well energy costs for Americans in general. Gasoline prices seem to be on a rollercoaster, and coal is not far behind, as power companies seem to be following the same trend. All of these energy brokers seem to be raising rates without any real justifications to the public. Contrary to days gone by, Americans are now more connected than ever, and as a result we have gained a much greater capacity to discern the lemons from the limes, and determine that this above mentioned trend is indeed occurring.

Needless to say, the reasons why these circumstances are happening, is often the subject of heated political debate. One thing is for sure, our fossil fuel resources on this planet are indeed finite, and as any economist would concur, with a resource like petroleum (that is ever dwindling) the less there is around and available, the more money what do happen to have left is worth. With that being said, we will continue as though this is the general consensus as to why these prices continue to elevate, in order to avoid a nearly unavoidable political debate, that would detract from the point, the point being this; If we do not change our current trajectory with regard to petroleum policy, we will either run out, or damage the environment beyond any reparation, both of which are widely known to be backed by scientific evidence.

When we consider, in total, the gravity of one, the other, or both of the above mentioned scenarios coming to fruition, it seems to beg the question "What if...?" What if I told you we could eliminate our dependence on oil, completely, with respect to both foreign and domestic markets? That this would effectively lead to stopping use completely, essentially making oil an archaic and obsolete product within 25 years, the VHS tape of the energy world, if you will. What if I said environmental damage and pollution could be stemmed and stifled at a nearly exponential rate when compared to the numbers of the present day conservation efforts, in the same 25 year period? What if I told you it would fix your electrical rates and eliminate the insane fluctuation we currently deal with, and create over 200,000 jobs for the citizens of Michigan all at the same time? Then, what if I told it's true?

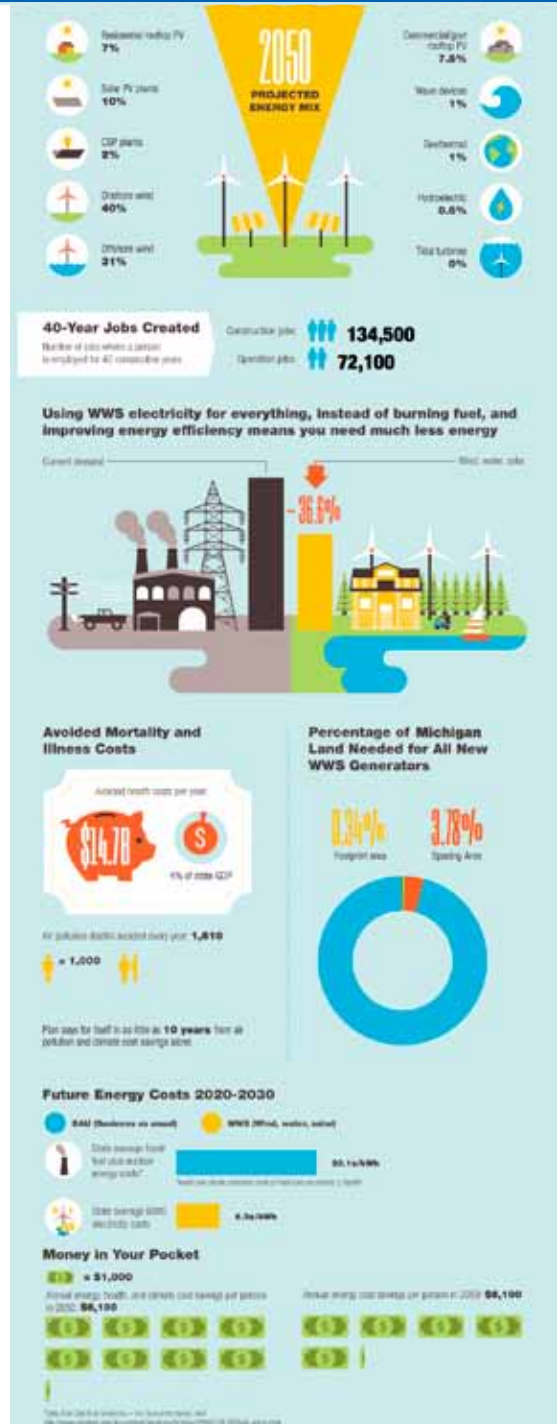
Not so long ago, in place called California, Professor of civil & environmental engineering, Director of the Atmosphere & Energy Program at Stanford University, and PhD, Mark Z. Jacobson began an effort to prove that people in California could indeed live without the current necessity and veritable addiction our society

has on petroleum and petroleum products. He called this approach WWS or Wind, Water, Solar, though this approach also includes geothermal energy systems as well. His team devised a feasible plan to do just that, and they did it in much less time than those critical of the undertaking had predicted. Soon the plan took on a life of its own and became better known as "the solutions project".

As the solutions project picked up momentum it seemed to have the effect of an optimistic snowball, picking up celebrity contributors like the Oscar nominated and well known environmentalist Mark Ruffalo, whom we all appreciated as Bruce Banner in The Avengers. Dr. Jacobson soon developed plans for all 50 states. Jacobson even made an appearance in December of 2013 on the Dave Letterman show to discuss the 100% fossil fuel free energy (for ALL purposes; industrial, residential, and transportation) plan he had and his team had coordinated for New York. I began following Jacobson's work early on, before Letterman, and when I discovered that he and his team were making plans for all 50 of our beautiful states, included but not limited to Michigan, I was nothing if not chomping at the bit in curiosity to see how Michigan could pull this off, and what hidden marvel of renewable energy beyond the Great Lakes we had philanthropy around our state.

The numbers alone won overwhelmingly, not to mention fixing each person's electric rate at a cool 6.3 cents per kilowatt hour (kwh), down from the state combined energy rates of fossil, and nuclear power sources averaging out to about 20.1 cents per kwh. This is an utterly staggering difference, and more so when we consider that it is all coming from completely free sources the universe already saw fit to provide us with. The web page thesolutionsproject.org is viewer friendly, and has completely readable tables and charts organized by state, comparing the costs and effects of going 100% WWS against those of what the quote as "business as usual" (petroleum, nuclear, coal, natural gas). The comparisons run the entire gauntlet, from the economic benefits to the health benefits, in fact there was not a single category of comparison in which WWS was edged out by "business as usual".

Now I don't know about you, but 14 and some odd billion dollars in health costs, caused by business as usual, would seem to convince even the most stubborn of "old world" political conservatives on board. I really can't say enough good things about Dr. Jacobson and his team's concerned efforts here, take a look at Michigan's plan, and see if you do not feel the same.





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